



POMONA

SEPTEMBER

2025

Community Resource Center

| MONDAY                                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                         | SATURDAY                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div><div>LABOR DAY</div><div>CENTER CLOSED</div></div>                                                                                                       | <div>2</div> <div><div>Circuit Training<br/>9:15-10:15am</div><div>Healthy Cooking<br/>10:30am-12pm</div><div>Healthy Juicing<br/>12-1:30pm</div><div>Homework Help<br/>3-5pm (ages 4-12)</div><div>Zumba<br/>3-4pm</div><div>HIIT<br/>4-5pm</div></div>  | <div>3</div> <div><div>Zumba 9:30-10:30am</div><div>Diabetes Management<br/>10:30am-12pm BIL.</div><div>Strong 10:45-11:45am</div><div>Yoga 12-1pm</div><div>Kids Fitness (ages 6-12)<br/>3-4pm</div><div>Child Abuse Prevention &amp; Resilience<br/>3-4:30pm SPA.</div><div>Boot Camp 4-5pm</div><div>Kids Health Education<br/>4-5pm (ages 6-12)</div></div>   | <div>4</div> <div><div>Circuit Training<br/>9:15-10:15am</div><div>Healthy Cooking<br/>10:30am-12pm</div><div>CPR/First Aid<br/>12-3pm ENG.</div><div>Mommy Yoga<br/>1-2pm</div><div>Vinyasa Yoga<br/>2:15-3:15pm</div><div>Community Connection<br/>4-5pm</div><div>Kids Fitness<br/>4-5pm (ages 6-12)</div></div>                                          | <div>5</div> <div><div>Boot Camp<br/>9-10am</div><div>Zumba<br/>10:15-11:15am</div><div>Mat Pilates<br/>11:30am-12:30pm</div><div>Kids Dance (all ages)<br/>4-5pm</div></div>                                                                                                                                                                                                                  | <div>6</div> <div><div>CENTER CLOSED</div></div>    |
| <div>8</div> <div><div>Zumba<br/>9:30-10:30am</div><div>Vinyasa Yoga<br/>10:45-11:45am</div><div>Meditation<br/>12-1pm</div><div>Homework Help<br/>3-5pm (ages 4-12)</div><div>Stretch &amp; Mobility<br/>3-4pm</div><div>Boot Camp<br/>4-5pm</div></div>  | <div>9</div> <div><div>Circuit Training<br/>9:15-10:15am</div><div>Healthy Cooking<br/>10:30am-12pm</div><div>Homework Help<br/>3-5pm (ages 4-12)</div><div>Zumba<br/>3-4pm</div><div>HIIT<br/>4-5pm</div></div>                                          | <div>10</div> <div><div>Zumba 9:30-10:30am</div><div>Diabetes Management<br/>10:30am-12pm BIL.</div><div>Strong 10:45-11:45am</div><div>Yoga 12-1pm</div><div>Kids Fitness (ages 6-12)<br/>3-4pm</div><div>Understanding Neurodevelopment Disorders<br/>3-4:30pm SPA.</div><div>Boot Camp 4-5pm</div><div>Kids Health Education<br/>4-5pm (ages 6-12)</div></div> | <div>11</div> <div><div>Circuit Training<br/>9:15-10:15am</div><div>Healthy Cooking<br/>10:30am-12pm</div><div>Mommy Yoga<br/>1-2pm</div><div>Vinyasa Yoga<br/>2:15-3:15pm</div><div>New Member Orientation<br/>3-4pm SPA.</div><div>Community Connection<br/>4-5pm</div><div>Kids Fitness<br/>4-5pm (ages 6-12)</div></div>                                 | <div>12</div> <div><div>Boot Camp<br/>9-10am</div><div>Zumba<br/>10:15-11:15am</div><div>Strong 11:30-12:30pm</div><div>Kids Dance (all ages)<br/>4-5pm</div></div>                                                                                                                                                                                                                            | <div>13</div> <div><div>CENTER CLOSED</div></div> |
| <div>15</div> <div><div>Zumba<br/>9:30-10:30am</div><div>Vinyasa Yoga<br/>10:45-11:45am</div><div>Meditation<br/>12-1pm</div><div>Homework Help<br/>3-5pm (ages 4-12)</div><div>Stretch &amp; Mobility<br/>3-4pm</div><div>Boot Camp<br/>4-5pm</div></div> | <div>16</div> <div><div>Circuit Training<br/>9:15-10:15am</div><div>Healthy Cooking<br/>10:30am-12pm</div><div>Healthy Juicing<br/>12-1:30pm</div><div>Homework Help<br/>3-5pm (ages 4-12)</div><div>Zumba<br/>3-4pm</div><div>HIIT<br/>4-5pm</div></div> | <div>17</div> <div><div>RCAC Meeting<br/>9am-1pm</div><div>Diabetes Management<br/>10:30am-12pm BIL.</div><div>Yoga 12-1pm</div><div>Kids Fitness (ages 6-12)<br/>3-4pm</div><div>Understanding Childhood Behaviors &amp; Disorders<br/>3-4:30pm SPA.</div><div>Boot Camp 4-5pm</div><div>Kids Health Education<br/>4-5pm (ages 6-12)</div></div>                 | <div>18</div> <div><div>Circuit Training<br/>9:15-10:15am</div><div>Healthy Cooking<br/>10:30am-12pm</div><div>CPR/First Aid<br/>12-3pm SPA.</div><div>Mommy Yoga 1-2pm</div><div>Vinyasa Yoga 2:15-3:15pm</div><div>New Member Orientation<br/>3-4pm ENG.</div><div>Community Connection<br/>4-5pm</div><div>Kids Fitness<br/>4-5pm (ages 6-12)</div></div> | <div>19</div> <div><div>Boot Camp<br/>9-10am</div><div>Zumba<br/>10:15-11:15am</div><div>Community Baby Shower<br/>*Call to Register<br/>11:30am-2:30pm</div><div>Mat Pilates<br/>3-4pm</div><div>Kids Dance (all ages)<br/>4-5pm</div></div>                                                                                                                                                  | <div>20</div> <div><div>CENTER CLOSED</div></div> |
| <div>22</div> <div><div>Zumba<br/>9:30-10:30am</div><div>Vinyasa Yoga<br/>10:45-11:45am</div><div>Meditation<br/>12-1pm</div><div>Homework Help<br/>3-5pm (ages 4-12)</div><div>Stretch &amp; Mobility<br/>3-4pm</div><div>Boot Camp<br/>4-5pm</div></div> | <div>23</div> <div><div>Circuit Training<br/>9:15-10:15am</div><div>Healthy Cooking<br/>10:30am-12pm</div><div>Homework Help<br/>3-5pm (ages 4-12)</div><div>Zumba<br/>3-4pm</div><div>HIIT<br/>4-5pm</div></div>                                         | <div>24</div> <div><div>Zumba 9:30-10:30am</div><div>Diabetes Management<br/>10:30am-12pm BIL.</div><div>Strong 10:45-11:45am</div><div>Yoga 12-1pm</div><div>Kids Fitness (ages 6-12)<br/>3-4pm</div><div>Bullying Prevention<br/>3-4:30pm SPA.</div><div>Boot Camp 4-5pm</div><div>Kids Health Education<br/>4-5pm (ages 6-12)</div></div>                      | <div>25</div> <div><div>Circuit Training<br/>9:15-10:15am</div><div>Healthy Cooking<br/>10:30am-12pm</div><div>Mommy Yoga<br/>1-2pm</div><div>Vinyasa Yoga<br/>2:15-3:15pm</div><div>Community Connection<br/>4-5pm</div><div>Kids Fitness<br/>4-5pm (ages 6-12)</div></div>                                                                                 | <div>26</div> <div><div>Boot Camp<br/>9-10am</div><div>Zumba<br/>10:15-11:15am</div><div>Food Pantry<br/>2-4pm</div></div>                                                                                                                                                                                                                                                                     | <div>27</div> <div><div>CENTER CLOSED</div></div> |
| <div>29</div> <div><div>Zumba<br/>9:30-10:30am</div><div>Vinyasa Yoga<br/>10:45-11:45am</div><div>Meditation<br/>12-1pm</div><div>Homework Help<br/>3-5pm (ages 4-12)</div><div>Stretch &amp; Mobility<br/>3-4pm</div><div>Boot Camp<br/>4-5pm</div></div> | <div>30</div> <div><div>Circuit Training<br/>9:15-10:15am</div><div>Healthy Cooking<br/>10:30am-12pm</div><div>Homework Help<br/>3-5pm (ages 4-12)</div><div>Zumba<br/>3-4pm</div><div>HIIT<br/>4-5pm</div></div>                                         | <div></div> <div><div>Medi-Cal Enrollment<br/>Monday-Friday<br/>9am-4pm</div><div>CalFresh Enrollment<br/>Monday-Friday<br/>9am-4pm</div><div>CPR/First Aid<br/>Register at <a href="http://freecprla.com">freecprla.com</a></div></div>                                                                                                                          | <div></div> <div><div>BLUE</div><div>Qualify for the My Rewards<br/>for a Healthy Life Program.</div><div>GREEN</div><div>Appointment &amp;<br/>Registration required.</div></div>                                                                                                                                                                           | <div></div> <div><div>CENTER SERVICES</div><div><ul style="list-style-type: none"><li>- Member Services</li><li>- Enrollment Services*</li><li>• Medi-cal, MediCare, Covered California, &amp; CalFresh</li><li>- New Member Orientation</li></ul></div><div><small>*Contact Center for Availability of Services</small></div><div>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</div></div> | <div></div> <div><div>CRC Website</div></div>     |

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

BE ACTIVE,  
HEALTHY & INFORMED



696 W. Holt Ave.  
Pomona, CA 91768



CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.

Saturday: CLOSED



909.620.1661

CommunityResourceCenterLA.org



POMONA

SEPTIEMBRE

2025

Community Resource Center

| LUNES                                                                                                                                                                                                                                                                                                 | MARTES                                                                                                                                                                                                                                                                                                     | MIÉRCOLES                                                                                                                                                                                                                                                                                                                                                                                      | JUEVES                                                                                                                                                                                                                                                                                                                                                                                                                                                  | VIERNES                                                                                                                                                                                                                                                                                                                                                                              | SÁBADO                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div><div>DÍA DEL TRABAJO</div><div>CENTRO CERRADO</div></div>                                                                                                                                          | <div>2</div> <div><div>Entrenamiento Circuito</div><div>9:15-10:15am</div><div>Cocina Saludable</div><div>10:30am-12pm</div><div>Jugos Saludables</div><div>12-1:30pm</div><div>Ayuda con la tarea</div><div>3-5pm (ages 4-12)</div><div>Zumba</div><div>3-4pm</div><div>HIIT</div><div>4-5pm</div></div>  | <div>3</div> <div><div>Zumba 9:30-10:30am</div><div>Manejo de la Diabetes</div><div>10:30am-12pm BIL.</div><div>Strong 10:45-11:45am</div><div>Yoga 12-1pm</div><div>Cardio Para Niños</div><div>3-4pm (6-12 años)</div><div>Prevencion Abuso Infantil</div><div>3-4:30pm ESP.</div><div>Boot Camp 4-5pm</div><div>Educacion de Salud para Niños</div><div>4-5pm (6-12 años)</div></div>       | <div>4</div> <div><div>Entrenamiento Circuito</div><div>9:15-10:15am</div><div>Cocina Saludable</div><div>10:30am-12pm</div><div>RCP/Primeros Auxilios</div><div>12-3pm ING.</div><div>Yoga Para Mamas</div><div>1-2pm</div><div>Vinyasa Yoga</div><div>2:15-3:15pm</div><div>Conexion Comunitaria</div><div>4-5pm</div><div>Cardio Para Niños</div><div>4-5pm (6-12 años)</div></div>                                                                  | <div>5</div> <div><div>Boot Camp</div><div>9-10am</div><div>Zumba</div><div>10:15-11:15am</div><div>Pilates</div><div>3-4pm</div><div>Clase de Baile para Niños</div><div>4-5pm (todas edades)</div></div>                                                                                                                                                                           | <div>6</div> <div><div>CENTRO CERRADO</div></div>    |
| <div>8</div> <div><div>Zumba</div><div>9:30-10:30am</div><div>Vinyasa Yoga</div><div>10:45-11:45am</div><div>Meditacion</div><div>12-1pm</div><div>Ayuda con la tarea</div><div>3-5pm (ages 4-12)</div><div>Estiramiento y Movilidad</div><div>3-4pm</div><div>Boot Camp</div><div>4-5pm</div></div>  | <div>9</div> <div><div>Entrenamiento Circuito</div><div>9:15-10:15am</div><div>Cocina Saludable</div><div>10:30am-12pm</div><div>Ayuda con la tarea</div><div>3-5pm (ages 4-12)</div><div>Zumba</div><div>3-4pm</div><div>HIIT</div><div>4-5pm</div></div>                                                 | <div>10</div> <div><div>Zumba 9:30-10:30am</div><div>Manejo de la Diabetes</div><div>10:30am-12pm BIL.</div><div>Strong 10:45-11:45am</div><div>Yoga 12-1pm</div><div>Cardio Para Niños</div><div>3-4pm (6-12 años)</div><div>Trastornos de Neuro-Desarrollo</div><div>3-4:30pm ESP.</div><div>Boot Camp 4-5pm</div><div>Educacion de Salud para Niños</div><div>4-5pm (6-12 años)</div></div> | <div>11</div> <div><div>Entrenamiento Circuito</div><div>9:15-10:15am</div><div>Cocina Saludable</div><div>10:30am-12pm</div><div>Yoga Para Mamas</div><div>1-2pm</div><div>Vinyasa Yoga</div><div>2:15-3:15pm</div><div>Orientacion para nuevos miembros</div><div>3-4pm ESP.</div><div>Conexion Comunitaria</div><div>4-5pm</div><div>Cardio Para Niños</div><div>4-5pm (6-12 años)</div></div>                                                       | <div>12</div> <div><div>Boot Camp</div><div>9-10am</div><div>Zumba</div><div>10:15-11:15am</div><div>Strong 11:30-12:30pm</div><div>Clase de Baile para Niños</div><div>4-5pm (todas edades)</div></div>                                                                                                                                                                             | <div>13</div> <div><div>CENTRO CERRADO</div></div> |
| <div>15</div> <div><div>Zumba</div><div>9:30-10:30am</div><div>Vinyasa Yoga</div><div>10:45-11:45am</div><div>Meditacion</div><div>12-1pm</div><div>Ayuda con la tarea</div><div>3-5pm (ages 4-12)</div><div>Estiramiento y Movilidad</div><div>3-4pm</div><div>Boot Camp</div><div>4-5pm</div></div> | <div>16</div> <div><div>Entrenamiento Circuito</div><div>9:15-10:15am</div><div>Cocina Saludable</div><div>10:30am-12pm</div><div>Jugos Saludables</div><div>12-1:30pm</div><div>Ayuda con la tarea</div><div>3-5pm (ages 4-12)</div><div>Zumba</div><div>3-4pm</div><div>HIIT</div><div>4-5pm</div></div> | <div>17</div> <div><div>Junta de RCAC</div><div>9am-1pm</div><div>Manejo de la Diabetes</div><div>10:30am-12pm BIL.</div><div>Yoga 12-1pm</div><div>Cardio Para Niños</div><div>3-4pm (6-12 años)</div><div>Comportamiento y Trastornos de Menores</div><div>3-4:30pm ESP.</div><div>Boot Camp 4-5pm</div><div>Educacion de Salud para Niños</div><div>4-5pm (6-12 años)</div></div>           | <div>18</div> <div><div>Entrenamiento Circuito</div><div>9:15-10:15am</div><div>Cocina Saludable</div><div>10:30am-12pm</div><div>RCP/Primeros Auxilios</div><div>12-3pm ESP.</div><div>Yoga Para Mamas</div><div>1-2pm</div><div>Vinyasa Yoga</div><div>2:15-3:15pm</div><div>Orientacion para nuevos miembros</div><div>3-4pm ING.</div><div>Conexion Comunitaria</div><div>4-5pm</div><div>Cardio Para Niños</div><div>4-5pm (6-12 años)</div></div> | <div>19</div> <div><div>Boot Camp</div><div>9-10am</div><div>Zumba</div><div>10:15-11:15am</div><div>Community Baby Shower</div><div>*Llame para registrarse</div><div>11:30am-2:30pm</div><div>Pilates</div><div>3-4pm</div><div>Clase de Baile para Niños</div><div>4-5pm (todas edades)</div></div>                                                                               | <div>20</div> <div><div>CENTRO CERRADO</div></div> |
| <div>22</div> <div><div>Zumba</div><div>9:30-10:30am</div><div>Vinyasa Yoga</div><div>10:45-11:45am</div><div>Meditacion</div><div>12-1pm</div><div>Ayuda con la tarea</div><div>3-5pm (ages 4-12)</div><div>Estiramiento y Movilidad</div><div>3-4pm</div><div>Boot Camp</div><div>4-5pm</div></div> | <div>23</div> <div><div>Entrenamiento Circuito</div><div>9:15-10:15am</div><div>Cocina Saludable</div><div>10:30am-12pm</div><div>Ayuda con la tarea</div><div>3-5pm (ages 4-12)</div><div>Zumba</div><div>3-4pm</div><div>HIIT</div><div>4-5pm</div></div>                                                | <div>24</div> <div><div>Zumba 9:30-10:30am</div><div>Manejo de la Diabetes</div><div>10:30am-12pm BIL.</div><div>Strong 10:45-11:45am</div><div>Yoga 12-1pm</div><div>Cardio Para Niños</div><div>3-4pm (6-12 años)</div><div>Prevencion de Acoso</div><div>3-4:30pm ESP.</div><div>Boot Camp 4-5pm</div><div>Educacion de Salud para Niños</div><div>4-5pm (6-12 años)</div></div>            | <div>25</div> <div><div>Entrenamiento Circuito</div><div>9:15-10:15am</div><div>Cocina Saludable</div><div>10:30am-12pm</div><div>Yoga Para Mama</div><div>1-2pm</div><div>Vinyasa Yoga</div><div>2:15-3:15pm</div><div>Conexion Comunitaria</div><div>4-5pm</div><div>Cardio Para Niños</div><div>4-5pm (6-12 años)</div></div>                                                                                                                        | <div>26</div> <div><div>Boot Camp</div><div>9-10am</div><div>Zumba</div><div>10:15-11:15am</div><div>Despensa de Alimentos</div><div>2-4pm</div></div>                                                                                                                                                                                                                               | <div>27</div> <div><div>CENTRO CERRADO</div></div> |
| <div>29</div> <div><div>Zumba</div><div>9:30-10:30am</div><div>Vinyasa Yoga</div><div>10:45-11:45am</div><div>Meditacion</div><div>12-1pm</div><div>Ayuda con la tarea</div><div>3-5pm (ages 4-12)</div><div>Estiramiento y Movilidad</div><div>3-4pm</div><div>Boot Camp</div><div>4-5pm</div></div> | <div>30</div> <div><div>Entrenamiento Circuito</div><div>9:15-10:15am</div><div>Cocina Saludable</div><div>10:30am-12pm</div><div>Ayuda con la tarea</div><div>3-5pm (ages 4-12)</div><div>Zumba</div><div>3-4pm</div><div>HIIT</div><div>4-5pm</div></div>                                                | <div></div> <div><div>Inscripcion Medi-Cal</div><div>Lunes a Viernes</div><div>9am-4pm</div><div>Inscripcion Cal Fresh</div><div>Lunes a Viernes</div><div>9am-4pm</div><div>RCP/Primeros Auxilios</div><div>Registrese en</div><div>freecprla.com</div></div>                                                                                                                                 | <div></div> <div><div>AZUL</div><div>Califican para el programa mis recompensas para una vida sana.</div><div>VERDE</div><div>Por cita y registro solamanete.</div></div>                                                                                                                                                                                                                                                                               | <div></div> <div><div>SERVICIOS DEL CENTRO</div><div>- Servicios a los miembros</div><div>- Servicios de Inscripción*</div><div>• Medi-cal, MediCare, Covered California, y Calfresh</div><div>Orientación para nuevos miembros</div><div>*Comuniquese con el Centro para disponibilidad de Servicios</div><div>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</div></div> | <div></div> <div><div>CRC Sitio de Web</div></div> |

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,

SALUDABLE E INFORMADO



696 W. Holt Ave.

Pomona, CA 91768



HORARIO DEL CENTRO:

Lunes a Viernes: 9 a.m. - 5 p.m.

Sábado: CERRADO



909.620.1661

CommunityResourceCenterLA.org